



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Dannhauer, Michael

Club: Wernigerode
Number: 800

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:03

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 88 (of 230)

Rank in course/Men: 68 (of 136)

Best time in course: 34:12

Rank in category: 6(of 8)

Best time in the category: 42:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:04	6:36	5	6:10	65	10:00	4.10	27:04	6:36	5	6:10	65	10:00
Loddenke	2.20	10:37	4:49	5	2:20	65	3:49	6.30	37:41	5:58	5	8:30	64	13:49
Ilseburg/Markt	3.30	16:22	4:57	8	3:17	76	6:02	9.60	54:03	5:37	6	11:47	69	19:51